

# SPOKE

## Conestoga College, Kitchener

JUNE 19, 2000

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## Student handbook will outline rights

By Mike Radatus

For the first time, a procedure guide which outlines the rights of students and what students can do if treated wrongly will be in the student handbooks this fall.

Mike Harris, vice-president of education for Conestoga Students Inc., formerly the Doon Student Association, said it is just one more way the CSI is working toward ensuring all students are treated more fairly.

In a key performance indicator survey last year which asked what services the CSI offers are most important to students, 37 per cent thought academic support was most important.

"Whatever the students want the CSI to be more involved in, we will try to do more in," said Harris.

Harris said that starting in September the policy and procedure book would be revised.

Harris has brought forth some recommendations to the college registrar on items he would like to be added in the book.

One of the major recommendations is that the CSI be listed as a neutral party in dealing with conflict between students and faculty. Currently, the procedures guide says students should contact a counsellor from student services with complaints.

Harris said this would help students get the best possible practices implemented at Conestoga College.

"We want to work with faculty, management and other stakeholders to make sure student rights are being acted upon in the most professional way possible," said Harris.

Harris said that when a student comes to the CSI with a complaint it will be kept confidential.

"We want to help students who have had the system fail them. The executive will help as much as possible," said Harris.

He said that it is important to have a third party for students in dealing with conflict because sometimes students don't know all their rights.

## College students to have representative on committee

By Mike Radatus

Colleges will have at least one seat on the advisory committee of Supercon, an annual conference held for college and university student council executive members.

The advisory committee now will be made up of six representatives, instead of the normal five, including: British Columbia and Alberta, the prairies, Ontario, Quebec and eastern Canada, and one member who will represent colleges across Canada. Previously, colleges had no representation on the committee.

John Beaumont, president of the Fanshawe Student Union, was nominated by Conestoga to be the representative for colleges.

Phil LeBeau, president of Conestoga Students Inc., formerly the Doon Student Association, put forth the nomination for Beaumont because LeBeau said he felt Beaumont would do an excellent job.

"John's a good guy and will do a great job. He's really excited and was extremely motivated for the position," said LeBeau.

LeBeau said he feels that having a representative for colleges at Supercon is beneficial to colleges across Canada.

"This is a really small step in the

right direction for colleges to be nationally recognized," said LeBeau.

Supercon 2000 took place this year at Memorial University in St. John's, Nfld., and five Conestoga Students Inc. representatives were there from May 30 to June 4.

Every year Supercon is put together and attended by representatives from colleges and universities across Canada in an attempt to make student unions more successful in working as a team.

Attendance of CSI representatives cost \$6,632, for the flight, living arrangements at the university dorm and the delegate fee for five persons.

Each day, executive members had to attend conferences on anything from public relations to strategic planning to 25 tips on a successful year. Executives had to take notes on the speeches and at the end of the trip hand in a detailed report on what they learned.

LeBeau said the main focus was on how to motivate yourself and others to work as a team to get things done in the most efficient way possible.

"You have a chance to talk to other student executives and talk to them about different problems they have run into and different problems you've run into," said LeBeau.

### Politician visits



Preston Manning speaks at the Canadian Alliance membership rally June 5 at Conestoga College's recreation centre. Full story on page 3. (Photo by Laura Czekaj)

## New technologist begins in August

By Tracy Ford

Tim Goebel has been hired as Conestoga's new technologist for the broadcasting – radio and television program.

Goebel, who starts the full time position on Aug. 1, graduated from the Conestoga program in 1981 and is currently an announcer at Kool FM, a radio station in Kitchener-Waterloo.

"He's a production whiz," said Mike Thurnell, the program co-ordinator who participated in interviewing the candidates for the position.

Thurnell said Goebel was chosen from numerous applicants with similar skills.

"Most people were very qualified and all had lots of skills in the industry but Tim was the strongest," said Thurnell.

The position became open when Dan Fisher retired in May after six years at Conestoga College and over 40 years in the broadcasting industry.

"Dan Fisher was very much loved by the students," said Thurnell, adding he is sure the students will love Goebel as well.

Thurnell said radio skills are essential to the position because the technologist is required to

demonstrate the radio equipment and understand what is expected of students.

Goebel, who's been in the business for 20 years, said the position demands a good combination of the things he likes to do. "It matches my experience, I've done a those things before," he said.

"I kind of like the idea of taking what I've learned over the past 20 years and hopefully give it to the students so they don't have to spend 20 years learning it."

He applied to Conestoga College in his last year of high school but didn't get into the broadcasting program.

"I worked for a year and got enough money for tuition," he said and he was late accepted.

He said he wanted to be in radio since high school. "It seemed like it would be a really interesting job. I

always changing. You get to meet and talk to interesting people and you get to have a lot of fun."

Everyone in the broadcasting department is going to be involved with the college's new station to air in the fall.

Goebel said he doesn't have many details about the new radio station. "I think there is a lot of opportunity there," he said. "I think there is a lot of potential there and I look forward to getting involved."

"I like the idea of taking what I have learned over the past 20 years and hopefully give it to the students."

Tim Goebel, broadcasting — radio and television faculty



## New curriculum is too advanced and unfair for students

The Ontario Ministry of Education's new Grade 11 and 12 curriculum is too ambitious.

Since eliminating the Ontario Academic Courses (OACs), the Ontario government has condensed the subjects in those courses into the other four years of high school.

The new Grade 9 and 10 curriculum was introduced last year, and now the new Grade 11 and 12 curriculum has been introduced.

Not only is the province adding the OAC course load to the Grade 11 and 12 curriculum but it is making it tougher.

This means trying to cram too much into the system and students can't handle it.

**The new Grade 11 and 12 curriculum includes anthropology, humanities and molecular genetics.**

The new Grade 11 and 12 curriculum includes anthropology, humanities and molecular genetics.

This is too ambitious for Grade 11 and 12 students.

Up until this year, Ontario was the only province to have an OAC or Grade 13 year.

Not only are the subjects taught getting tougher but the way they are being taught is being changed as well.

Where there used to be advanced, general and basic courses for almost everything, there will now be university preparatory classes, college preparatory classes, workplace preparatory classes or other classes.

These classes are taught on either an academic level or an applied level. Both are equally difficult but are taught in different ways.

This leaves no courses for the 10 to 15 per cent of high school students who used to take courses at the basic level.

Grade 9 students who have already started the new curriculum are having trouble and teachers and students fear that the drop out rate is going to go up.

Premier Mike Harris is unsympathetic to the plight of the students who are finding the new curriculum too difficult.

Problems were already apparent in the new Grade 9 curriculum in March, according to an article in the Toronto Star. At that point, 16 school boards had sounded alarms because their top students could not handle some portions of the new curriculum. Harris was quoted as saying: "It's absolute nonsense . . . that some people are saying it's too tough. Well, the fact of the matter is the world is tough out there."

Putting in a new high school curriculum before putting in a new elementary school curriculum is what is nonsense. Expecting 14-year-old students to be able to learn DNA replication and genetic engineering is nonsense.

Richard Payette, a high school teacher at Cameron Heights collegiate institute in Kitchener, said he thinks starting the new curriculum in Grade 9 is unfair.

"You can't immediately initiate a higher standard, you have to start at a much lower grade," said Payette.

If the government wants to initiate a new curriculum it should have started in Grade 1 and worked up from there.

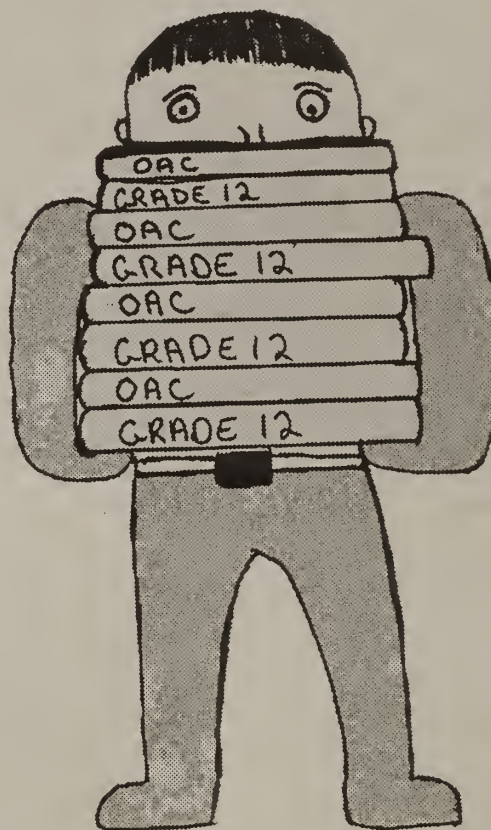
Payette said that the failure rates for this year are astronomical.

"It has to be a gradual raising of the bar," he said.

The way to improve the education of Ontario's students is not to dump more information on them than they can handle.

The government has to work up to a new high school curriculum through a new elementary school curriculum.

Starting education reform in the middle of an education system is not going to work.



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## Citizens must be free to protest

It seems only yesterday that the images of the APEC (Asia-Pacific Economic Cooperation) protests haunted the television screen and newspaper.

One may not soon forget the grim determination on the police officer's face who let loose a torrent of pepper spray on protesters at the University of British Columbia campus.

One can remember the images of the slogans and signs — asking Canadian officials not to welcome President Suharto, a man accused of massive human rights violations in Indonesia — being torn down by armed policemen. Allegations that Prime Minister Jean Chretien ordered police to use force in order to spare Suharto embarrassment surfaced later.

In a democratic country like Canada, we live with the notion

that we are free to protest issues, policies, or events that we disagree with. We are allowed to speak freely.

The protesters had a right to be there, even if the prime minister and police didn't want them there.

The question is — did the police have the right to blast them with pepper spray?

Recently in Windsor, dozens of demonstrators were arrested during angry protests focusing on the meeting of the Organization of American States (OAS).

The 2,000 protesters included Bolivian mothers against domestic violence and Mexican priests asking for social justice.

The OAS has been blamed for a myriad of social crimes, from clear-cutting forests in Brazil to kidnappings in Colombia.

The difference between the pepper spray incident at APEC and the one in Windsor lies in the escalation of violence and anger in Windsor. The details of whether or not police used force to quell a situation that had the potential for

violence are unclear. It is reported, however, that some protesters threw homemade smoke bombs over the barricade separating them from the building where the meetings took place.

While violence is perhaps not a good way to enact change, protest is definitely important.

We need protests in order to see both sides of the issue and to make sure that the people who call the shots in the world know that their decisions will affect human lives.

We need protests to alert the world to injustices, because as Martin Luther King Jr. said, "Injustice anywhere is a threat to justice everywhere".

We must be wary of police intervention and force used at protests. We must be sure that it is being used to keep the peace, not to keep silence. We should encourage protest — safe and non-violent protest — and make sure that we can truly say we live in a democratic society that honours and cherishes our fundamental rights as citizens.



Julie Porter

# SPOKE

Keeping Conestoga College connected

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# Nurses honoured by college

By Donna Ryves

Conestoga College's nursing students were rewarded by community organizations that support health-care education through the presentation of awards for academic excellence.

Six students who completed the three-year nursing program and one student in the second year, along with two practical nursing students, have been given achievement awards.

The nursing students are Linda Down of Kitchener, Shirley Foster of Waterloo, Shannon Gibson of Guelph, Darlene Holden of Kitchener, Jennifer Lyne of Simcoe, Claire Walshe of Kitchener and Anita Willms of Waterloo.

The two largest awards, worth \$500, were given to Holden and Down. Holden won the Mary-Joe Halliwell General Proficiency Award, which is given to the graduating student who achieves an A average in theory courses and performs in an exemplary manner in

clinical settings. The recipient also has to demonstrate personal and professional growth during the program.

Down, a second-year student in the nursing program, won the Lillian Brown Nursing Award, which was established by Murray Brown, a former University of Guelph professor, in memory of his wife and in recognition of the exemplary level of nursing care she received during her illness. For many years the award was only given to a university-level nursing student.

Three years ago, the donor transferred it exclusively to Conestoga in recognition of the high calibre of students in the college's nursing program. The award gives recognition for initiative, care and compassion in patient service during clinical placements along with academic achievement in program studies.

Walshe won two awards, the \$130 Myrtle Caswell Snider Bedside Nursing Award and the School of Health Sciences

Management Committee Award, which is a professional reference book on nursing. The Snider award acknowledges student improvement over the course of program studies, academic achievement, clinical practice and personal and professional growth. The management award recognizes leadership displayed through academic and clinical skills, leadership among student colleagues, motivational skills and participation in school committees.

Willms won the Registered Nurses Association of Ontario-Wellington Chapter Award of \$150. Willms's work was consistent in theoretical studies and clinical placements. She also participated in student activities associated with nursing professional development.

Gibson won the \$300 Guelph General Hospital Auxiliary Award, which is given to the graduating student who has achieved the best overall academic average throughout the nursing program.

Foster won the \$100 Robert

Mutrie Chapter IODE Education Committee Award which goes to the graduating student who intends to participate in postgraduate education and who has a solid record of achievement in theory courses and clinical application of theory.

Lyne earned the \$200 Grand River Hospital Award, the other postgraduate honour, which is given for maintaining a minimum B+ average in theory courses and successfully completing theoretical concepts in clinical settings.

Also, Caryn Barnes of St. Jacobs and Christine Zettel of Kitchener, both practical nursing graduates, received achievement awards. Barnes won the \$250 Sister Beatrice Schnarr Award, which recognizes academic excellence as displayed in both nursing theory courses and nursing practice in clinical settings. Zettel won the Chair's Award, a recognition plaque for general proficiency and leadership through academic achievement and application of theory to clinical practice and leadership among student colleagues.

## CSI spends \$10,000 on computers

By Mike Radatus

Conestoga Students Inc., formerly the Doon Student Association, has spent \$10,000 on four new computers to be situated in the CSI office.

Two are for use by Doon campus students and two are for use by CSI executive members.

The money came from the organization's capital development fund, also known as their slush fund, which consists of money the organization generated through activities. The CSI has to spend this money each year to remain a non-profit organization.

The computers, which also include printers, were purchased to upgrade the CSI's current system.

Phil LeBeau, president of the CSI, said that the new computers would give students easier access to a computer when they want to use one.

"In the fall when there are more students you'll always see students on the computers in the CSI office," said LeBeau. "With four more computers the executive can have systems to work on to get their duties done and there still will be computers available for students to get their work done."

The old computers will be sent to the Waterloo and Guelph campuses for students there.

"The other campuses pay only about half as much of a student fee as the students in the Doon campus and there is not even close to the amount of students on the campuses so it is important for us to help them as much as possible," said LeBeau.

## Summer travel program

# Travel courses offered through summer

By Sherri Osment

Conestoga College's part-time travel consultant program will offer two of its courses during the summer this year.

This is the first time the travel consultant program's work placement and the fourth travel consulting classes will be offered during the summer semester. Students in the program are required to complete four travel classes.

The fourth travel consulting course will be offered over a nine-week period beginning on July 5 and ending Aug. 30, with classes

every Wednesday night for four hours.

The work placement will begin with a two-hour workshop on July 6. The following nine weeks will be used for students to complete their required 42-hour work placements. The workshop is used to discuss where the students want to do their placements.

Carol Roehrig, co-ordinator of the travel consulting program, said the main reason for offering the courses over the summer was for the benefit of students in the program.

"It is much easier to get students

placed in the summer time," Roehrig said. "We do some of the foot work for them, we help them get the placement." Roehrig said she had already found placements for two students as of June 1.

The second reason for offering the course during the summer semester was to maintain the flow of the program. During the spring semester, the program was cancelled because there were only six students enrolled. If the travel class was not offered during the summer no students would be moving ahead to the next part of the program.

Both the classes are being held in the student/client services building in room 220 and both will be taught by Roehrig.

The travel program will also be offering a new course, called the World of Cruising, in November. This will be a one-day workshop that will introduce students to the world of cruise travel.

Roehrig said this workshop is being offered because of student interest in the area of cruises. An instructor for the course has not been found yet, Roehrig said, but the college is looking for someone who works in the cruise industry.

# Manning challenges local voters

By Laura Czekaj

Preston Manning was the main attraction at the Canadian Alliance membership rally held at Conestoga College's recreation centre June 5.

Manning was one of the guest speakers at the event, which was held as the official starting point of Reg Petersen's campaign to become the Canadian Alliance's Cambridge candidate in the next election and provided the party with the opportunity to recruit members.

Manning challenged the audience to vote for someone who is a leader of change, a democrat and a builder of coalitions. He also addressed questions from the audience of 300 Cambridge residents, ranging from abortion and euthanasia to the Alliance's promises to maintain a balanced budget. Petersen's campaign was the highlight of the evening but the purpose of the event was to sign up Alliance memberships.

Apetizers, dessert and coffee were catered by local restaurants, including MenuAtHome.com and Unique Coffee. The PowerPoint

projector and various other items were donated to the event by local companies.

Although Manning was the undisputed main attraction, the audience was entertained by a variety of local talent ranging from gymnastics to dance. Beth Davis-Lauer, organizer of the food and entertainment at the event, said all entertainers were local and a variety of entertainment was presented to make the event exciting for all generations.

The event was run by local volunteers who were recruited through Petersen's acquaintances, according to Davis-Lauer.

Conestoga College was chosen as the venue, according to Petersen, because of the size of the gym in the recreation centre and the location of the college.

"The college falls under the Cambridge riding and we wanted a space that could hold a lot of people but wasn't an arena," he said.

Davis-Lauer added that college maintenance and security staff were helpful in setting up.

Conestoga security guards Roy Trunbull and Andrew Jozefowicz were present, although they were

not required to be there by the college, Trunbull said they were there to keep an eye on things.

"They have provided their own security and we only have to assist if they were unprepared," he said, adding that everything went smoothly.

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# The effects of



## Drug popular with youth tied to 9 deaths in past year

By Ray Bowe

The drug ecstasy, although not seen as a problem at Conestoga College, has been producing huge waves in the news, in Kitchener courtrooms and across Ontario over the past two months.

The drug has been blamed for the deaths of at least nine people in Ontario last year, including 21-year-old Kieran Kelly, a Wilfrid Laurier University student found dead last summer near a Sauble Beach campground where a rave party had been held.

Ecstasy, or MDMA (methylendioxyamphetamine), is a hallucinogenic stimulant, according to the Centre for Addiction and Mental Health. Some users experience paranoia, hallucinations, insomnia, muscle stiffness, an increased heart rate, spasms in the chewing muscles and grinding of the teeth. Regular users may experience weight loss, exhaustion, jaundice, flashbacks, irritability, memory loss and panic attacks. The positive effects users crave include an increased sex drive, enhanced senses and a feeling of closeness to those around them.

An Internet harm-reduction site at dancsafe.org shows the effects of ecstasy on the brain by means of an extensive slideshow featuring diagrams and explanations.

The immediate effects of ecstasy are caused by a flood of the chemical serotonin in the brain. Regular use can cause long-term damage to brain neurons.

According to the Centre for Addiction and Mental Health, there have even been reported cases of water intoxication causing swelling of the brain, leading to coma and even death. Ecstasy can also dam-

age the kidneys' ability to regulate fluid levels in the body.

Al Hunter, supervisor of security at Conestoga College, said he has encountered no ecstasy use at the college. He attributes this to Conestoga's location, as it is not an inner-city college, and the fact that the student council holds few functions where strong drugs would be used.

However, he said that "no place is immune to such behaviour," and security has confiscated paraphernalia. Although it is not a problem at the college, he added that it would be absurd to believe no one at the college does drugs.

**"Over the last year it's (ecstasy use) increased about 10-fold and is most prevalent on all-ages nights with kids between 14 and 18 years."**

*Daniel Ward, bouncer at local nightclub*

Daniel Ward, a bouncer at a local nightclub, said "over the last year it's (ecstasy use) increased about 10-fold," and is most prevalent on all-ages nights with kids between 14 and 18 years of age.

Symptoms of use include erratic behaviour, jerking arms and a loss of muscle control, he said.

He added that the club only offers training for alcohol-related problems. The bouncers confiscate the drug and only call police if it is deemed a trafficable amount. They destroy the drug by flushing it down the toilet.

Ward said they find about 10 people per night with small personal amounts, but the larger amounts, about four doses, are detected about once a week.

He also noted that ecstasy is less of a problem in the 19-and-over crowd, which seems to prefer drugs such as marijuana and heroin.

He said staff catch about four or five patrons per night lighting joints in the club, but pot is much easier to detect due to its potent smell. Ecstasy, most often in tablet form, is much harder to detect and is more easily hidden.

"We don't want to attract the bad element," said Ward. "They (non-

National Post stated that of the 13 ecstasy-related deaths in Ontario since 1998, only three have had any connection with raves, and only one, that of Ho, involved an underground rave meaning at a secret location.

Rave organizers usually release a phone number to call the day of the event in order to give out the location or set up a bus to take people to the locale. This prevents the authorities from busting the event before it starts.

Richie Hawtin, a DJ also known as Plastikman, based in Windsor, had the CD release party for his new album Decks, EFX, and 909

**Richie Hawtin, a DJ also known as Plastikman, based in Windsor, had the CD release party for his new album Decks, EFX, and 909 shut down by police late last year.**

shut down by Windsor police late last year. The party was subsequently moved to Detroit.

According to a June 2 Canadian Press article, Toronto police chief Julian Fantino said that raves were "threatening the very fabric of Canadian life." Toronto city council has also implemented a temporary ban on all raves in the megacity, even after the inquiry's suggestions were released.

Deb Penrose, an intake worker specializing in addiction at the Regional Addiction and Family Counselling Centre in Kitchener, said that although ecstasy is not the main drug used by its clients, it has become more common among teenagers in the past few years.

The clinic also pays close attention to the frequency and patterns among its patients. The most common drugs among its adult patients are crack cocaine and alcohol, whereas ecstasy, pot and alcohol are the most desired drugs for people 19 years of age and younger, Penrose said.

Centre for Addiction and Mental Health literature says that although it discourages ecstasy use, it supports providing accurate information about the drug, including how users can reduce harmful effects.

The centre says in its information packet that making raves illegal will not eliminate the problem, but providing a safe environment, including the presence of emergency personnel, could prevent fur-

ther deaths.

Other drugs sometimes used at raves include PCP (phencyclidine), GHB (gamma-hydroxybutyrate), Special K or ketamine, crystal meth, LSD, heroin, cocaine and marijuana. Special K is a potent anesthetic drug designed to anesthetize animals during surgery. GHB is a sedative which induces euphoria and can be lethal when combined with alcohol, leading to respiratory arrest in some cases with the slightest amount of alcohol.

In a June 3 article in The Record, Waterloo regional police Det. Const. Daryl Goetz said ecstasy is "very prevalent in the region," estimating it is up five-fold last year. In Kitchener court, Matthew Crane, a University of Waterloo student, was recently sentenced to two years in jail for making ecstasy in a lab located in a Victoria Street industrial mall. Crane pleaded guilty to two counts of conspiring to traffic in ecstasy and MDA, a drug similar to ecstasy.

Federal drug prosecutor Gerry Taylor said Crane produced 1.1 kilograms of ecstasy and 100 grams of MDA. Crane's lawyer disputed the amount. He originally faced 17 charges, including production of narcotics and exporting drugs, but the Crown agreed to accept pleas on lesser charges.

Police also found 6.4 kilograms of ketamine but a resident of Michigan is facing charges in the U.S. for that crime.

According to a May 30 article in The Record, Crane said he distributed ecstasy at raves in Kitchener, Toronto, London and Guelph, selling the drug for \$60 per gram, an amount capable of providing about five or six "hits."

Crane, who graduated from UW with a bachelor of mathematics with honours in computer science, will serve his two years at a minimum-security farm prison in Nova Scotia to be closer to his parents on Prince Edward Island. The Crown had been seeking a four-year sentence.

In May, researchers in Spain were given the go-ahead by ethics and research committees to conduct the first therapy study involving MDMA, according to ecstasy.org, a Web site devoted to providing accurate information on the controversial drug. The researchers will use MDMA on women survivors of sexual abuse who are suffering from post-traumatic stress disorder to reduce fear and anxiety. The research will involve five groups consisting of a total of 29 women taking dosages ranging from 50 mg to 150 mg, with eight of the women being subjected to placebos.



Ecstasy is common among ravers. (Internet photo)

drug users) won't come out if we have rampant drug use here (at the club)."

Derek Roussy, who frequently attends raves, said ecstasy is the easiest drug to obtain at such parties.

The drug, coupled with long hours of dancing, tends to dehydrate the body and event organizers usually have skids of bottled water selling for about \$3 a bottle.

He said one of the scariest things about ecstasy is not knowing its ingredients, since tablets can be laced with anything from cocaine to and speed. He also said the speed makes users grit their teeth, which is why soothers have become fashionable, to alleviate the problem.

An inquest recently into the death of 20-year-old Allen Ho recommended a variety of ways to try and prevent any more needless deaths. Ho collapsed at a rave in Toronto last October after taking ecstasy. The 27 non-binding recommendations included making raves subject to permits, providing an unlimited water supply, having well-trained staff on hand, educating the public, restricting admission to those 16 years and older and holding raves at city-licensed venues.

One of the touchiest recommendations was implementing a mandatory search at the door by a paid duty police officer.

Many in the rave music scene feel it is getting a negative stereotype. A June 2 article in the



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## Award-winning campus dining

### Conestoga's Waterloo campus recognized for healthy fare

By Petra Lampert

Conestoga College's Waterloo campus dining room was presented with the Eat Smart Award of Excellence.

Ontario's Healthy Restaurant Program, Eat Smart, was officially launched at the award ceremony at the Waterloo campus on June 5.

Eat Smart is a provincial restaurant program designed to help reduce the incidence of food-caused illness or chronic diseases, such as heart disease and cancer.

"The program is sponsored by the Ministry of Health, Canadian Cancer Society and the Heart and Stroke Foundation to promote healthy eating habits in public," said Beth Esenbergs, co-ordinator of the food and beverage management program at the Waterloo campus and member of the advisory committee for Eat Smart.

In order to qualify for the award, restaurants must offer a variety of healthy food choices on the menu and by request; possess a proven track record in safe food handling and sanitation, with at least one full-time kitchen employee certi-

fied in safe food handling; and provide 100 per cent smoke-free seating, in compliance with Waterloo region's smoking bylaw.

Sixteen local restaurants, includ-

medical officer of health, said Eat Smart will complement existing initiatives in the region that aim to reduce the incidence of chronic disease rates and food borne illnesses.

Eat Smart has been launched in 17 other regions throughout the province.

Mary Ellen Prange, public health nutritionist at Waterloo region community health department, said many restaurants offer healthier options as customers request more nutritious selections.

Restaurants are also ideal places to support healthy lifestyle changes by increasing access to safe, nutritious foods in non-smoking environments, said Prange.

"Our task for next year is promotion in the community and the restaurants," said Esenbergs.

From October through April the public can make reservations to eat lunch or dinner in the college's dining room.

The Eat Smart Dining Guide lists the winning restaurants and will be distributed throughout the region.

A listing of Eat Smart restaurants in Ontario is on the Eat Smart Web site at [www.eatsmart.web.net](http://www.eatsmart.web.net).



Beth Esenbergs, co-ordinator of the food and beverage management program at Conestoga's Waterloo campus, accepts the Eat Smart award June 5, presented by Regional Chair Ken Seiling. (Photo by Petra Lampert)

ing the Conestoga Room, received the award.

"It's a recognition of the three key factors. It's an important award for us and we're privileged to get it," said Esenbergs.

Dr. Hanif Kassam, the region's

## United Way honours Conestoga volunteer

By Donna Ryves

while \$32,683 was raised in '98-'99.

Eleanor Conlin, chair of academic research and prior learning assessment and recognition consultant at the college, received the Joe Williams Award in May from the Kitchener-Waterloo area United Way. The award is given to a United Way volunteer who has displayed significant service to the fundraising campaigns.

This year the college raised \$34,443, which is a 40-per-cent increase in the past five years. Conlin has co-ordinated the college's United Way campaign for the past three years making it one of the cornerstone accounts because more than \$25,000 was raised annually. In the '97-'98 year, the college raised \$29,606,

"One of the reasons the college has selected the United Way is because it supports many organizations," Conlin said. The United Way provides financial support to funded agencies and provides funding to other organizations through direct giving.

Part of Conlin's involvement was to set up teams at each campus, including students. Team activities included selling college campus kits and holding a spaghetti luncheon, which was served by employees. Other events such as a wet sponge toss, a golfing contest and telephone bingo were held. The proceeds from the creation of a cookbook will go towards the United Way.

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## The Innocent Years one to remember



Kathy Mattea's rich voice is showcased perfectly on her 12th album. Mattea's ballads are thought-provoking and touching.

(Internet photo)

By Jes Brown

After three long years of waiting, country singer Kathy Mattea has resurfaced with a dynamic new album, *The Innocent Years*.

The new album, released on May 16, is full of thought-provoking and touching ballads.

The title track is a nostalgic look back written by Mattea herself, Jon Vezner and Sally Barris.

The song talks about Mattea's wish to return to the innocence of youth when the boy down the street was her best friend. The melodic piano intro by Matt Rollings is reprised later in the album.

Mattea's rich voice is showcased perfectly in her 12th album. Her wide vocal range is shown off in the songs *Prove That By Me*, and *Callin' My Name*.

Unlike Mattea's last album, *Love Travels* — which was full of quick-paced sharp songs like *455 Rocket*, the title track *Love Travels* and *Patiently Waiting* — many of the songs on the new album are slower in pace.

Songs like *I Have Always Loved You* and *Out of the Blue* have intricate background

music woven in with Mattea's gentle vocals.

A hidden gem on the album is the CD's bonus track, *BFD*, which stands for something akin to "big flipping deal" where Mattea plays on acronyms. A sample line: "At least he ain't no SOB, like that PhD

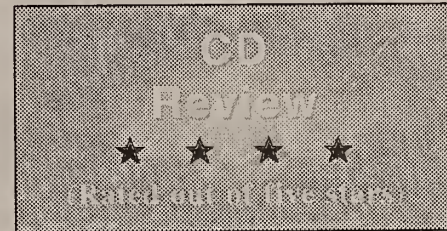
well taken. The cover photo on this album was done by Mattea's father, John.

As with her previous albums, the three-time female vocalist of the year from both the CMA and the ACM is leading off with a strong single.

*The Trouble with Angels* is one of the faster songs on the album and represents some of the struggles Mattea has been dealing with in the three years since her previous album came out, including helping to care for her parents, both of whom struggled with serious health problems, and Mattea's 40th birthday. The song represents a test of faith, explaining that the trouble with angels is that they are never around when you want them.

Mattea's bound to take the country world by storm again now that she's back from her hiatus. The album is definitely up to her past offerings and offers a reflective look on life from people as varied as the eyes of an old man whose wife has had a stroke, a jilted lover, and innocence.

Anyone should pick up this album for a relaxing trip through life and love.



who took his ex and ran off to L.A."

Another asset to this album is that it comes on an enhanced CD. It includes multimedia images, including several well taken photographs of Mattea, and the addresses of Mattea's own Web page, ([www.mattea.com](http://www.mattea.com)) and her album, Mercury Nashville's Web page, ([www.mercury-nashville.com](http://www.mercury-nashville.com)).

As usual with Mattea's albums, the photography in the book and on the cover is

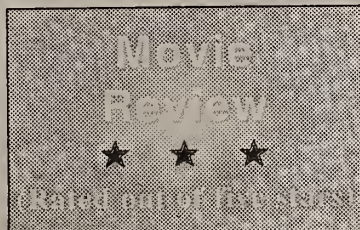
## Big Momma an easy bunch of laughs

By Sherri Osment

If you're looking for a no-brainer with lots of laughs, head to *Big Momma's House*.

To catch an escaped convict, FBI agent Malcolm, played by Martin Lawrence, undergoes a make-over that turns him a larger-than-life southern granny with attitude.

Malcolm, as *Big Momma*, finds himself in one difficult predicament after another, including delivering a baby. He hadn't known *Big Momma* was a midwife.



He also tears up the basketball court while in disguise, proving that, "Granny's got game."

Of course there is the inevitable love interest, *Big Momma's* granddaughter. Malcolm even finds him-

self in the same bed with her while disguised as *Big Momma*. With only the bulk of his disguise and a flashlight between them, Malcolm spends a very uncomfortable night.

The film is basically a series of predictable, yet still amusing, blunders, near misses, and sexual confusion.

While it is hardly up for any Oscar nominations, there are still many scenes that make this film worth seeing, at least for a few laughs. Some of the jokes are funny at the moment but aren't that

great in retrospect.

*Big Momma's House* is the sort of film that gets a laugh in the theatre but is forgotten by the end of the drive home.

The only really exceptional part of the film is the make-up used to make Lawrence look like Ella Mitchell, who plays the real *Big Momma*.

It really is convincing.

If you liked *Mrs. Doubtfire*, this is something to see. *Big Momma's House* is like a *Mrs. Doubtfire* with an action movie flavour.



Martin Lawrence goes through an incredible transformation to catch a bad guy.

(Internet photo)

# Conestoga College

## Quality Policy

*Conestoga College continually seeks opportunities for improvement to meet and exceed the needs of our students, employees and communities.*

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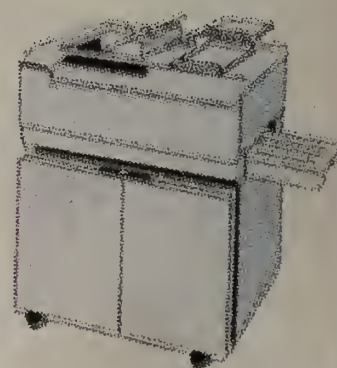
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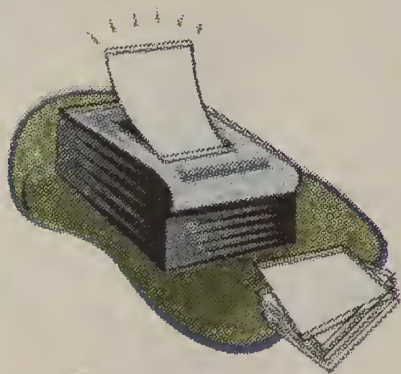
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